

**Dodge County  
ADRC and Aging Programs**

**Aging and Disability  
Resource Center (ADRC)**

**920-386-3580**

**800-924-6407**

**FAX: 920-386-4015**

**hsagingunit@co.dodge.wi.us**

**Aging and Senior Dining**

**920-386-3580**

**Transportation**

**920-386-3832**



**Find us on  
Facebook**

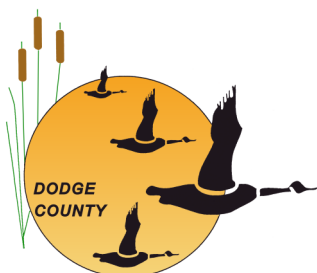
**Dodge County ADRC**



**www.co.dodge.wi.us**



**Henry Dodge Office Building  
199 County Road DF  
Juneau, WI 53039**



## Recipe Box

With the holidays now over, it's time to get back on track with eating choices. Try out this yummy recipe!

**Calories: 394**

**Fat: 6 g**

**Protein: 55 g**

**Fiber: 8 g**



### Ingredients:

- ◆ 2 -15 oz. cans white beans, rinsed and drained
- ◆ 4 cup low-sodium chicken broth
- ◆ 1 T. vegetable oil
- ◆ 2 whole bone-in chicken breasts (3 lb.)
- ◆ tsp. salt and black pepper
- ◆ 2 onions, chopped
- ◆ 4 cloves garlic, chopped
- ◆ 2 - 4oz. Cans roasted green chiles, drained
- ◆ 1 cup water

### Preparation:

Place beans and broth in a slow cooker. Cover and cook on high until beans are tender, 2 hours.

Warm oil in skillet over medium-high heat. Sprinkle chicken with salt and pepper. Place chicken skin side down in skillet; cook until brown, about 4

minutes. Turn and cook for 2 minutes more.

Transfer to a plate; remove and discard skin. Drain all but 2 tbsp fat from skillet. Add onions and garlic; cook until softened, 5 minutes. Add onion mixture, chilies, 1 cup water, and cumin to slow cooker.

Stir; add chicken.

Cook on low for 6 hours, stirring twice. Remove 1 cup beans plus 1/2 cup liquid from slow cooker. Puree in a blender; return to slow cooker. Remove chicken, shred it and return to slow cooker to serve.

*Yields: 6 servings*



TO:

Connecting You with  
Supports and Services



199 County Road DF - 3<sup>rd</sup> Floor, Juneau, Wisconsin 53039  
920-386-3580 or 800-924-6407

## ADRC/Aging Services Supervisor Report

Reflection and vision: Phew! We have had a productive year!! In 2016 we added many new programs to our services in the ADRC. We identified the needs of caregivers as a growing concern and have addressed this in a few ways. We now have staff trained as teachers for Powerful Tools for Caregivers, a six-week class that supports caregivers to help themselves. In addition, we are involved in a Share the Care program to identify caregiver needs and help them use their natural supports. To aid those with dementia, we became trained and licensed to use the Music and Memory program. This program will offer caregivers and those with dementia "tools" to assist to remain in their own homes as long as possible. Through our Dementia Crisis Grant, staff were able to be trained and to offer training to the community on understanding different types and causes of dementia. In particular, specific staff have developed a curriculum to educate First Responders and have given 12 trainings to different Fire Departments and First Responders to date. We actively participated in the first Annual Dementia Summit, and are working towards helping Dodge County communities and businesses to become dementia friendly. In 2016, we started our Facebook page, and with the county are revamping our overall webpage. This will help us promote our programs and increase the ease in finding us. Another noted need was that people had difficulty finding us. We have increased our signs and revamped our lobby to be more inviting and easier to find. As we look toward 2017, I see us letting these new programs breathe and finding our niche in providing meaningful services to our neighbors, friends, and families in Dodge County.



From the Desk of Kris Schefft ❄️

January 2017

Inside this issue:

ADRC Open House	
Who's New at the ADRC?	2
DCC Summit Recap	
Three Must-Have Legal Docs for Elderly Healthcare	3
Fraud Alert: iTunes cards	
Yes! Please Send Me Your Newsletter!	4
Winter Depression	
Wisconsin's Direct Care Workforce Crisis	5
Dining Centers Plan Ahead for 2017	6
ADRC, Nutrition, & Aging Advisory Members	
How Long Should I Keep This?	7
Powerful Tools for Caregivers Workshop	8
Why Immunize?	
Dining Center Menus for January, February, & March	9
How to Safely Pick a Loved One (or Yourself) Up After a Fall	10
Access to Independence	
How to Keep the Promise We Make to Ourselves This Year	11
Recipe Box	12

## Winter Weather Reminder/Inclement Weather Procedure

With Winter finally saying hello to Wisconsin, this may mean cancellations or delays from some program services. Please be aware that Dodge County may cancel transportation and/or senior dining program services due to inclement weather. You can keep up on these possible cancellations or delays by listening to the following local television and radio stations:

WTMJ 620 AM	106.9 FM BIG BUCK COUNTRY
WBEV 1430 AM	
WTKM 1540 AM	Channel 3000
WTKI 94.5 FM	Today's TMJ 4
WXRO 95.3 FM	WITI FOX TV 6
96.5 FM WKLH	WISN TV 12
JAMMIN 98.3 FM	CBS - 58 WMLW
102.9 THE HOG	

The ADRC and Aging Programs in Dodge County are just a phone call away!



920-386-3580  
or  
800-924-6407

## **The ADRC Open House Was a Success!**

On December 8, the ADRC held an Open House to showcase our improved waiting area and the various programs we provide. This past year, we were able to increase signage and update our waiting area to be more welcoming. In addition to our regular services, the ADRC



added the Powerful Tools for Caregivers class as a third evidence based class we offer. We also showcased our Music and Memory program.

Those who were willing tried out our "pocket talker" audio enhancers, which was featured by our reception staff. The ADRC is also equipped with a hearing loop for those with hearing



aids. We were very pleased with the turn out on our first cold winter day and received over 60 guests!



## **Who's New at the ADRC?**

Hi, my name is Mary Delgado



and I am a resource specialist for the Aging and Disability Resource Center. I have spent my career working to support individuals with intellectual disabilities in a number of ways including advocacy and with assisted living providers.

I am a 1982 graduate of University of Wisconsin - Madison. I was born, raised and spent most of my over 50 years in Watertown until moving to West Bend when Joe and I married in 2012.

We have five great young adult kids between us and we are finally empty nesters. Our babies now are Buddy (Budweiser -King of Beers) a 10 yr. old Dalmatian and Axel – our 3 yr. old Yellow Lab. Buddy has brothers and sisters that are Budweiser Clydesdale Team Dalmatians at Sea Worlds and Busch Gardens. When not at work, Joe and I love to travel to different parts of the USA looking for the best retirement spot. I have many years to make that decision and look forward to my years at the ADRC!



## **DCC Summit Recap on "The Dementia and Aging Crisis: The Cost to Our Communities"**

On Thursday, October 20<sup>th</sup>, over 100 people including some of our Aging and Disability Resource Center (ADRC) Newsletter readers attended our first Dodge County event on this topic.

Tom Hlavacek, Executive Director of the Alzheimer's Association, SE Wisconsin Chapter, provided a dementia update. He offered statistics and supports to inform the audience of its ever growing impact on our aging society. Alzheimer's disease, he said, is the sixth leading cause of death in the United States and for now, there is no cure or way to slow its decline.



Former Wisconsin Governor Martin Schreiber shared his moving account of learning, coping and surviving as an Alzheimer's caregiver to his wife. "My Two Elaines," his recently published book was

written, he said, to provide help and hope to other caregivers.

Dodge County resident, Jean Hayden, highlighted the need to connect to resources. Jean learned early that this was essential for successful caregiving. She explained how this continues to help her navigate the unknown with her husband, Frank. It also led to her current involvement as Co-Chair of the Dementia Concerns Coalition of Dodge County.

Pattie Carroll, University of Wisconsin Extension, addressed why businesses and industry need to be involved. She also explained free resources and programs to support this effort.

A lively discussion on next steps needed ensued. As these evolve, they will be posted in our newsletters. If you have current questions or concerns with memory loss, please contact the ADRC at 920-386-3580



## How to Keep the Promise We Make To Ourselves This Year

### ***Answer: One Resolution for Caregivers – 52 Chances to Make It Work***

Ahh the New Year is here – the hectic pace of the holidays is over, the frenzy over buying gifts and seeing friends and family is done (at least for another 12 months). You can finally breathe. That is, unless you are one of the 65 million Americans who are caring for a loved one – that moment to put the world on “pause” and get a break never seems to happen.



When it comes to caring for an older parent, a chronically ill spouse or a child with special needs, we know that caregivers are at risk for adopting bad habits such as smoking or drinking, for not getting enough sleep, for not having the time to eat or exercise right and for not taking enough time to focus on themselves – whether it is a coffee date with a friend, a pedicure, a movie or other things that can bring a smile to our face.

This is why my wish for all caregivers this year is to make a promise to yourself that you can keep. Make it simple. Make it just about you. Here are some tips on how to get there:

### **3 Steps to Keep That Promise to Yourself**

- 1. First of all, you need to have an actual plan.** If you just have a desire to improve something, it is not enough. You will be more successful at achieving your goal if you have steps on how to get there. For instance, it is not about losing weight – it is about the changes you will take to reach that goal. Breaking a big goal into small increments is a key part of your plan.
- 2. In addition, you need to track your progress.** This instills a sense of mini accomplishments on the path to your goal. It helps to talk to someone who is invested in seeing you be successful. Having a friend or other support person who can be your “cheerleader” – celebrating your milestones towards the goal can help keep you going.
- 3. Lastly, be committed to your goal.** Keep it simple (one resolution is better than two or three) and treat occasional “slips” as temporary setbacks on the path to reaching your goal. You have to commit to change. This is a marathon not a sprint. Be kind to yourself if you have a bad day. Remember the words of Scarlett O’Hara, “Tomorrow is another day.” Start fresh the next day after a lapse.

### **Healthy Monday**

Healthy Monday, <http://www.healthymonday.org/>, is based on the scientific research and support of prestigious institutions such as Johns Hopkins University, Syracuse University and Columbia University. They have found that starting a new routine on a Monday will make you more successful at whatever you want to achieve. Essentially the premise is simple – just as the New Year is a time when we resolve to do something, every Monday is an opportunity to renew that promise to ourselves.



Healthy Monday says their research shows that most Americans feel Monday is the day for a fresh start. It is part of our cultural DNA – Monday is the start of the work week, the school week and we feel renewed energy to start something after a nice weekend respite.

For caregivers, use each Monday as a time to ask yourself “What have I done for me lately?” Acknowledge the time you have chosen to renew yourself and make plans on how you will recharge in the coming week, whether it is 5 minutes or 5 hours. Check in with yourself every Monday and take time for you.

Fifty-two weeks to reach your goal. Pick one thing that you would like to accomplish **just for you** this year. Check in with yourself every Monday. Good luck – 2017 is your year!

## How to Safely Pick a Loved One (or Yourself) Up After a Fall

The answer to this complex question depends on a variety of situational factors—the most important factor is whether or not the person was injured by their tumble. When in doubt, it's always safest to call 9-1-1 for help. Longtime caregiver and AgingCare.com expert, Carol Bradley Bursack also suggests seeking out caregiver training courses, which typically cover topics such as how to safely assist a fallen loved one.

There are some general guidelines that can help you get a loved one upright—without hurting them or yourself in the process. Keep in mind, these strategies should only be used when you know your loved one hasn't been injured.

### Tips for picking up someone that has fallen

1. Stay calm and help your loved one to remain calm by encouraging them to take slow, deep breaths.
2. Examine them for injuries—bruises, possible sprain, broken bones.
3. If they have a serious injury (e.g. a broken bone), then don't move them. Call 9-1-1, and keep your loved one as warm and comfortable as possible until help arrives.
4. If they aren't badly hurt and they want to get up, proceed slowly and stop at any point if they become stuck or too tired to get all the way up.
5. Find two sturdy chairs. Place one next to your loved one's head and the other down by their feet. (Keep in mind, your loved one needs to be the one doing the physical work of getting up. You're just there to help guide them and keep them steady, not lift their weight.)
6. Help your loved one roll over onto their side, assist them into a kneeling position. If they suffer from sore knees, a towel placed underneath the knees can make them more comfortable.
7. Move the chair closest to their head directly in front of where they are kneeling so that they can place their hands on the seat, evenly.
8. Ask your loved one to lean on the seat as they bring one leg forward and place that foot on the floor.
9. Move the second chair directly behind your loved one, then ask them to use their arms and legs to push themselves up, then sit back into the second chair. You can use your hands to keep your loved one steady, but keep your back upright and make sure they are doing the physical work to lift themselves.
10. Notify their doctor that they've had a fall.

### How to get back up after you have fallen

1. Stay calm.
2. Examine yourself for injuries—bruises, possible sprains, broken bones.
3. If you are confident you haven't broken any bones or experienced a serious injury, search for the nearest piece of sturdy furniture. (A chair would be ideal.)
4. Roll onto your hands and knees, then crawl or drag yourself over to the piece of furniture.

5. Get into a kneeling position and place your arms on a stable area of the piece of furniture (e.g. the seat of the chair).
6. Bring one knee forward and place your foot on the floor.
7. Using your arms and leg simultaneously, push yourself up and pivot your bottom around until you're sitting on the piece of furniture.
8. Stay sitting until you're confident you can move around without hurting yourself or falling again.
9. If you find that you are unable to get up after falling, stay calm and try to alert someone to your predicament. While you're waiting for help, endeavor to keep warm and move around slowly to avoid placing too much sustained pressure on any one area of your body.
10. Notify your doctor that you've had a fall.

### Why falls should never remain secret

Even though one-third of adults age 65 and older experience a fall each year, fewer than half of these individuals tell their physician about it, according to the Centers for Disease Control and Prevention. Falls are often seen as embarrassing indicators of an adult's decline and their impending dependency on others for assistance, so it's natural to want to keep such incidences a secret.



Regardless of whether it was you (the caregiver) who experienced the fall or your loved one, it's essential to notify a doctor about the event. He or she can

make sure you or your loved one didn't sustain any invisible injuries as a result of the fall, and suggest ways to prevent unnecessary tumbles.

You should also tell at least one friend or family member about the fall, so that they can be on the lookout in case you or your loved one need help in the future. If falls are becoming more frequent, you might also want to consider investing in an [emergency alert device](#) or an [automatic fall detection system](#).



**Empower people with disabilities through advocacy, education, and support.**

**Phone: 608-242-8484**

**Toll Free: 800-362-9877**

**E-mail: [info@accesstoind.org](mailto:info@accesstoind.org)**



## Three Must-Have Legal Documents for Elderly Healthcare

by Marlo Solitto



Many people consider information and decisions about their health to be highly sensitive, deserving of the strongest protection under the law. Therefore, when it comes to your parent's healthcare, the law is very strict about who is able to participate in healthcare-related conversations and decisions.

### Find an Elder Law Attorney

However, many people never think about their views and values regarding end-of-life decisions until a crisis hits – the time when decision-making is most difficult. Not planning in advance means that you might not be able to gain access to the information you need, or act on your parent's behalf if they are unable to do so. In a worst-case scenario, you might be forced to fight in court for guardianship, a time-consuming and costly process. You can avoid this scenario by working with your parent to prepare these documents.

### HIPAA Authorization

The Health Information Portability and Accountability Act (HIPAA) keeps a person's health information and records private. Unless your parent authorizes in writing someone else to receive that information, it is illegal for doctors to share any details with you about your parent's health. HIPAA authorization is a simple document that authorizes the doctor to share necessary information with you on your elderly parent's behalf. It's very short and only takes a moment to complete. The doctor's office will have the blank form you need.

### Health Care Proxy

Also known as a medical power of attorney, a health care proxy is a legal document that enables you to make health care decisions for your elderly parent in the event they are unable to make those decisions themselves. This document must be prepared while your parent is still mentally competent to do so. The designated person has the power to make all health care decisions for your elderly parent. However, to avoid the difficulties associated with making joint decisions, only one person can be given authority to act on your parent's behalf. For example, two siblings cannot both be named as a health care proxy—it must be only one person. An alternate person may be designated at the time the document is prepared in the event the first person is unable or unwilling to serve.

It is crucial that the person who is named health care proxy know what the elderly parent's wishes are in the event that they need life support, a feeding tube or intravenous fluids to survive. This is why the patient's living will, known as an advance care directive, is a very important document for family caregivers to have.

### Advance Health Care Directive

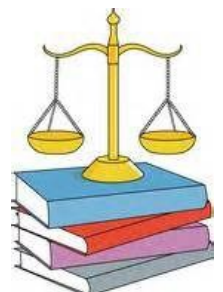
This is commonly known as a living will. An Advance Health Care Directive lets people make their own end-of-life care decisions before a medical crisis strikes, even if they are unable to communicate their own wishes. With a living will, the caregiver and other loved ones don't have to agonize over difficult medical decisions. ***A living will should spell out:***

- ⇒ Whether the person wants to be resuscitated if he or she stops breathing
- ⇒ Whether artificial life support should be used
- ⇒ Whether a feeding tube should be inserted
- ⇒ A living will may indicate care or treatment the person does or does not want performed
- ⇒ under specific circumstances.

### Plan Ahead

Once a healthcare emergency strikes, it will probably be too late to prepare these documents, so talk to your parent about getting their affairs in order and spell out their wishes regarding healthcare while they are still healthy.

Consult an attorney specializing in elder law who will prepare these items and can provide advice on additional planning tools, depending on your family's circumstances.



## Fraud Alert: iTunes Gift Cards

Nbcnews.com



iTunes cards are solely for the purchase of goods and services in the iTunes Store and App Store. If a request for payments using iTunes gift cards outside of these places occurs, it should be reported.

### How the Scam Works:

The scammer pretends to be debt collectors, family members and IRS agents. The victim is told to purchase an iTunes gift card, load money onto it and then provide the 16-digit code on the card via phone call, text or email. Once the number is given the money is depleted and there is no way to reverse the transaction. Sometimes the scammer will stay on the phone as the victim purchases the cards. Stolen iTunes gift cards codes are also being sold on the black market.



### Bottom Line:

iTunes is the latest, but not the only, payment method popular right now. Scammers are also asking for Amazon gift cards and other reloadable prepaid debit cards. Wire transfers via Western Union or MoneyGram are other popular methods.

### Protect Yourself:

- 1) Legitimate companies do not appear to be intimidating/ threatening
- 2) If the number on your caller ID is unknown, hang up and call the place back using the number from a statement or verifying the number elsewhere
- 3) Pay attention to the information posted publically (newspaper/ social media)

**If the “something” is too good to be true, it probably is .**

*Submitted by Amanda Higgins  
Dodge County Elder Benefit Specialist*

The Aging & Disability Center is the best source of information for older adults and individuals with disabilities in Dodge County.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

**I'd like to receive the  
ADRC newsletter at home!**

*Please add my name to  
your mailing list.*



**Mail to:**

ADRC of Dodge County  
199 County Road DF—3rd floor  
Juneau, WI 53039



**Dining Center Menus for January, February, & March****January**

Monday, January 2 - CLOSED  
HAPPY NEW YEAR

Tuesday, January 3 - Salisbury Steak

Wednesday, January 4 - Cranberry/  
Kraut Meatballs

Thursday, January 5 - Chopped Steak  
in Sauce

Friday, January 6 - Chicken Teriyaki

Monday, January 9 - Ham Rolls

Tuesday, January 10 - Baked Chicken

Wednesday, January 11 - Beef Stew

Thursday, January 12 - BBQ Pork  
Cutlet

Friday, January 13 - Swedish  
Meatballs

Monday, January 16 - Liver and  
Onions

Tuesday, January 17 - Chicken,  
Broccoli & Rice Casserole

Wednesday, January 18 - Swiss Steak

Thursday, January 19 - Lasagna  
Casserole

Friday, January 20 - Pot Roast

Monday, January 23 - Pork Steak

Tuesday, January 24 - Beef  
Stroganoff Casserole

Wednesday, January 25 - Baked  
Chicken

Thursday, January 26 - Hamburger  
on a Bun

Friday, January 27 - Chicken Breast

Monday, January 30 - Glazed Ham

Tuesday, January 31 - Country Fried  
Steak

**February**

Wednesday, February 1 - Chicken  
and a Biscuit Casserole

Thursday, February 2 - Meatballs in  
Sauce

Friday, February 3 - Pork  
Jaegerschnitzel

Monday, February 6 - Meatloaf

Tuesday, February 7 - Escalloped  
Potatoes and Ham Casserole

Wednesday, February 8 - Chicken  
Cacciatore

Thursday, February 9 - Salisbury  
Steak

Friday, February 10 - Ham Rolls

Monday, February 13 - Baked  
Chicken

Tuesday, February 14 - Baked  
Spaghetti

Wednesday, February 15 - Smoked  
Sausage

Thursday, February 16 - Roast  
Turkey

Friday, February 17 - BBQ Meatballs

Monday, February 20 - Chopped  
Steak in Sauce

Tuesday, February 21 - Orange  
Chicken

Wednesday, February 22 - Mush-  
room Pork Cutlet

Thursday, February 23 - Chili  
Casserole

Friday, February 24 - Roast Beef

Monday, February 27 - Hawaiian  
Meatballs

Tuesday, February 28 - Baked  
Chicken

**March**

Wednesday, March 1 - Spinach  
Lasagna

Thursday, March 2 - Country Fried  
Steak

Friday, March 3 - Crispy Fish Fillet

Monday, March 6 - Chicken Breast

Tuesday, March 7 - Beef Stroganoff

Wednesday, March 8 - Swedish  
Meatballs

Thursday, March 9 - Pepper Steak

Friday, March 10 - Salmon Loaf

Monday, March 13 - Baked Chicken

Tuesday, March 14 - Glazed Ham

Wednesday, March 15 - Salisbury  
Steak

Thursday, March 16 - Beef Stew

Friday, March 17 - Corned Beef

Monday, March 20 - Cranberry &  
Kraut Meatballs

Tuesday, March 21 - Swiss Steak

Wednesday, March 22 - Chicken  
Cacciatore

Thursday, March 23 - Pork  
Jaegerschnitzel

Friday, March 24 - Macaroni & Cheese

Monday, March 27 - Meatloaf

Tuesday, March 28 - Escalloped  
Potatoes & Ham Casserole

Wednesday, March 29 - Baked  
Chicken

Thursday, March 30 - Beef Frank on a  
Bun

Friday, March 31 - Cheese Tortellini in  
Marinara Sauce



The ADRC of Dodge County is excited to announce the start of the **Powerful Tools for Caregivers** workshop. Why are we excited? According to the *National Alliance for Caregiving*, more than **65 million people**, 29% of the U.S. population, provide care for a chronically ill, disabled, or aged family member or friend during any given year and spend an average of 20 hours per week providing care for their loved one. They need help.

If you are one of them, this six-week evidence-based program will help you cope with the challenges that come with your role as caregiver. It does not matter why your loved one needs the help, if they live at home, with you, or far away.

This program is designed to give you tools to:

- ✓ Reduce stress, guilt, anger, and depression
- ✓ Manage your time, set goals, and solve problems
- ✓ Master caregiving transitions
- ✓ Make tough decisions
- ✓ Communicate effectively with your care receiver, family members, doctors, and paid helpers

**ADMIT ONE**

### Your ticket to healthy aging!

Get the information and support you need to live a healthier life as you age.

To ask about or register for the **Powerful Tools for Caregivers** workshop in your area, contact:

**(920) 386-3580**

**Powerful Tools for Caregivers** is a six-week workshop that will teach you how to take care of yourself while caring for someone else. By taking care of your own physical, emotional, and financial needs, you become a better caregiver. Everybody benefits!

*Please join us for the Powerful Tools for Caregivers workshop at the Juneau Public Library:*

every Wednesday starting **March 15 - April 19, 2017** from **12:30 - 2 pm**

### Why Immunize?

When people think of vaccines, usually the first thought is vaccinations for children. However, all adults need vaccines to protect their health against common diseases that can be serious. Everyone needs an influenza shot every year during the flu season, including pregnant women during any trimester. Everyone needs a Tdap (tetanus, diphtheria, and acellular pertussis) at least once no matter when you got your last Td (tetanus & diphtheria) shot.



Pregnant women also need a Tdap vaccine during all pregnancies. Td vaccine is needed every 10 years. There are three things that determine which other vaccines are recommended for you. Those are: your age, your health conditions, lifestyle or job, and your travel outside of the U.S. Talk to your healthcare provider about which vaccines are right for you and that you are up to date with the vaccines recommended for you. Immunization is one of the safest and most effective ways to protect your health. Vaccine side effects are usually mild and go away on

their own. Severe side effects are very rare.

For more information on vaccines or to take an adult vaccine quiz to find out which vaccines you might need, go to [www.cdc.gov/vaccines/adults](http://www.cdc.gov/vaccines/adults).



Submitted by:

**Jody Langfeldt, RN, BSN**

Public Health Officer

920-386-3674



## WINTER DEPRESSION

As we approach the winter months, some individuals may find themselves experiencing some changes in their mood. These mood changes have been described as the “winter blues,” “seasonal depression” or “winter depression.” According to the Diagnostic Statistical Manual 5 (DSM 5), an individual who has normal mental health throughout most of the year, but experiences depression symptoms at the same time of the year, most commonly in the winter, may have a mood disorder call Depressive Disorder with Seasonal Patterns. For the most part, these symptoms occur during the late fall and winter when we are not exposed to as much sunlight as in the spring and summer months. The U.S. National Library of Medicine indicates that “some people experience a serious mood change when the seasons change. They sleep too much, have little energy and may also feel depressed.” The DSM 5 identifies some of the following symptoms of Depressive Disorder with Seasonal Pattern: irritability, tiredness or low energy, problems getting along with other people, hypersensitivity to rejection, oversleeping, appetite changes and weight gain. Many of us experience days when we feel down and don’t have the desire to get things done. However, if are experiencing these symptoms for days or weeks at a time and are having feelings of hopelessness, please contact your local doctor or mental health professional immediately.

*Submitted by: Sara Gaska MS, LPC, NCC, CSAC, ICS  
Clinical Services Supervisor*



## Wisconsin's Direct Care Workforce Crisis

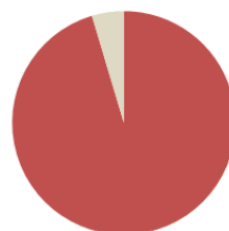
Survival Coalition heard from over 500 people who rely on direct care services and their family members about the impact the workforce crisis is having on their lives.

### People Can't Find Workers....It's Putting Them at Risk



**85%**

don't have enough workers to work all of their shifts



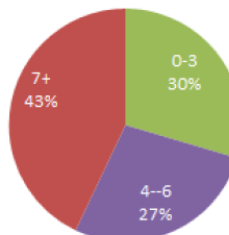
**95%**

said it's "Very Hard" or "Somewhat Hard" to find workers



**60%**

get sick more often when they don't have enough workers



**43%**

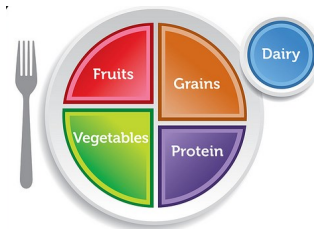
can't find a worker 7 or more times per month

Source: Survival Coalition Consumer Survey, November 2016.

Contact: survivalcoalitionwi@gmail.com



## Dining Centers Plan Ahead for 2017



Every month there is some national food celebration. Many of these celebrations involve food or food items. We like to look at these celebrations as a time to learn about a food item. Join us at one of the ten dining centers to learn more about some of the monthly celebration items. Sometimes we even surprise you with a sample of the item!

January is National Egg, National Hot Tea, National Meat, National Oatmeal, and National Soup month. Many of us look to January as a time to rethink our poor eating habits. It is a perfect time to try to increase whole grains in our diet, of which oatmeal is considered. Whole grains can help with a wide variety of items, such as helping to prevent high blood pressure, helping to reduce cholesterol levels and supporting a healthy immune system.

With the cold, winter weather still in abundance, now is the time to enjoy National Soup month. Soup can be thick, creamy, calorie laden to water-based and healthier broth variety. It can be spicy or bland, have lots of vegetable or very few, meaty or meatless. There are many different kinds. Now is the month to reach out and try a new flavor of soup.

With February hosting Valentine's Day, it makes sense that is National Chocolate month. We often think of chocolate as not good for you, but some chocolates are actually beneficial to eat. Also honored in February, is National Canned Food Month, National Cherry Month, National Sweet Potato Month and Heart Healthy Month. For me, February is the month I start to hope that winter will soon end!

March is National Peanut, Celery, and Frozen Food month to name a few. March is also National Nutrition Month. The theme for 2017 is "Put Your Best Fork Forward". The theme is meant to serve as a reminder that each one of us holds the tool to make healthier food choices. Making even small changes helps to improve health now and into the future. This is a wonderful month to look at your eating habits and plan how to eat healthier.

**We hope you include coming to a Senior Dining Center in your plans for 2017.  
Meal reservations can be made by phoning 920-386-3580 or 800-924-6407**



**ADRC Governing Board Members:**

Jeffry Duchac - Chairperson, Dianne Birkholz, Judy Braun, Stephanie Justmann, Shirley Kitchen, Lorna Negen, Judy Patenaude, Gary Schmidt

**Nutrition Program Advisory Council & Aging Advisory Committee Members:**

MaryAnn Miller - Chairperson, Ivan Elm, Harvey Grulke, Carolyn Flowers, William Hoekstra, Mark Roesch

*\*Meetings are always open to the public. If you have an interest in becoming a member of one of our advisory committees or for meeting dates and locations, contact the ADRC at 920-386-3580 or 800-624-6407.*

## How Long Should I Keep This?



Now that tax season is behind us and spring cleaning is ahead – it is a good time to go through old records and determine whether it is time to fire up the shredder or hold on to the records a bit longer. Below are general recommendations on how long certain documents should be stored.

**Keep for LESS than 1 Year**

- ◇ ATM, bank-deposit, and credit-card receipts until you reconcile them with your monthly statements. Once you've done that, shred the paper documents (to avoid ID theft) or securely trash electronic files unless you need them to support your tax return.
- ◇ Insurance policies and investment statements until new ones arrive
- ◇ Pay stubs to verify W-2 at the end of the year

**Keep for MORE than 1 Year**

- ◇ Loan documents (until the loan is paid off)
- ◇ Vehicle titles until you sell the vehicles
- ◇ Investment purchase confirmations in stocks, bonds, mutual funds or anything else. Keep until you sell the investment so you can establish your cost basis and holding period. If that information appears on your annual statements, you can keep those instead.

**Keep for 7 Years**

- ◇ Supporting tax documents (W-2, charitable donations receipts, etc.)

**Keep Forever**

- ◇ Essential records such as birth and death certificates, marriage licenses, divorce decrees, Social Security cards, and military discharge papers
- ◇ Defined-benefit plan documents, estate-planning documents, life-insurance policies, and an inventory of your bank safe-deposit box
- ◇ Annual tax returns



Sources: <http://www.consumerreports.org/taxes/how-long-to-keep-tax-documents/>  
<https://www.bankofamerica.com/deposits/manage/how-long-to-keep-documents-before-shredding.go>.